

Challenges in Caregiving: Giving Care, Taking Care~June 2, 2003

8:00	Registration	Coffee and Resource Exhibits
9:00	Welcoming Remarks	
9:10–10:15	Keynote Address: The Rewards of Caregiving	Wendy Lustbader, MSW
10:15–10:45	Break	Refreshments and Resource Exhibits
10:45–12:00 Concurrent Workshops Please Choose One to Attend	<p>A1 Dealing with Difficult People Wendy Lustbader, MSW Certain personality traits can make quality relationships difficult to maintain. Caring for individuals who are demanding, manipulative or resistive make a caregiving situation even more stressful. Understanding such behaviors and how to cope with them is the focus of this workshop.</p> <p>A2 Dementia: Communication Strategies to Ease Agitated Behaviors Julee Clark, MA, LMFT Agitated behaviors often occur in individuals with dementia. Angry outbursts, resisting care, even hitting or striking out are very upsetting for caregivers and for the person with dementia. Learn how you can help defuse the person's anger and how good communication skills will help calm an agitated person. This workshop is applicable to dementia related to various conditions including, but not limited to, Alzheimer's, Parkinson's or Down syndrome. (Will be repeated as B2)</p> <p>A3 Healthy Eating with Heart Disease and Diabetes Shelly Zylstra, PhD, RD Dietary recommendations seem to change frequently, leaving some caregivers and patients confused. This workshop will clarify current guidelines for a healthy diet, with special considerations discussed for people affected by heart disease or diabetes.</p> <p>A4 Managing Medications: Common Misuse & Abuse of Drugs Michaelene Kedsierski, RPh, CDP This informative workshop, presented by a licensed pharmacist, will help you identify causes of medication misuse and risk factors for medication-related problems in the elderly. You will learn practical and creative techniques for safely managing medications in the home or community care setting.</p> <p>A5 Is it Depression? Signs, Symptoms and Interventions Karen Kent, MSG Depression is common in people with chronic conditions and in the individuals who care for them. This workshop will help you identify the signs of depression in both the caregiver and the person receiving care. It will provide simple day-to-day interventions and help you recognize when medical help is needed. (Will be repeated as B4)</p> <p>A6 Tips for Safe Transfers & Mobility Mary Nolan, PT and Lisa Hartman, PT This workshop provides practical information on basic body mechanics. Skills for safe transfers and assisting with mobility are demonstrated. You will also have the chance to see assistive devices and home adaptations that make transfers and mobility safer and easier.</p>	
12:00–1:30	Luncheon	
1:30–2:45 Concurrent Workshops Please Choose One to Attend	<p>B1 Still a Caregiver: When a Loved One Moves to a Care Home Wendy Lustbader, MSW After a loved one moves to a care home, family caregivers face many practical and emotional adjustments. For some caregivers, letting go is difficult and entrusting care to others can be a hard step. Learn healthy ways to ease the transition, including practical ideas for a "good visit" and communication tools to facilitate positive staff-family relationships.</p> <p>B2 Dementia: Communication Strategies to Ease Agitated Behaviors Julee Clark, MA, LMFT Agitated behaviors often occur in individuals with dementia. Angry outbursts, resisting care, even hitting or striking out are very upsetting for caregivers and for the person with dementia. Learn how you can help defuse the person's anger and how good communication skills will help calm an agitated person. This workshop is applicable to dementia related to various conditions including, but not limited to, Alzheimer's, Parkinson's or Down syndrome. (Repeat of A2)</p> <p>B3 Feelings: Recognizing and Coping with Anger, Guilt and Grief John Gibson, DSW, MSW The relationship between caregiver and care receiver can be intense, complex, rewarding and frustrating. This workshop will help you recognize many different emotions, sort through confusing and contradictory feelings, and develop strategies for managing feelings such as anger, guilt, shame and grief. (Will be repeated as C3)</p> <p>B4 Is it Depression? Signs, Symptoms and Interventions Karen Kent, MSG Depression is common in people with chronic conditions and in the individuals who care for them. This workshop will help you identify the signs of depression in both the caregiver and the person receiving care. It will provide simple day-to-day interventions and help you recognize when medical help is needed. (Repeat of A5)</p> <p>B5 Legal and Financial Issues in Caregiving Dan Farr, Attorney-at-Law Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness or disability. Durable powers of attorney, guardianship and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care. (Will be repeated as C6)</p> <p>B6 Managing Pain: What You Can Do to Help Mary Ersek, PhD, RN This workshop provides simple tools for assessing pain and its impact on a person's quality of life. Basic information about pain medications will be presented as well as specific non-pharmaceutical approaches to managing pain, such as visual imagery and relaxation exercises.</p>	

2:45–3:00	Break	Refreshments and Resource Exhibits
3:00–4:15 Concurrent Workshops Please Choose One to Attend	C1 Family Dilemmas in Caregiving Wendy Lustbader, MSW The caregiving situation often creates the potential for conflict among family members. Gaining insight about traditional roles and underlying relationships can help families work together as they face difficult choices and make critical decisions. Strategies to improve communication, promote cooperation and cope with conflict will be presented.	
	C2 Community Resources: Negotiating the Maze of Long Term Care Sally Friedman and Joanne McMahon, MSW Many programs and services exist in local communities to help older adults, adults with disabilities and their caregivers. The new Family Caregiver Support Program simplifies the process of working through the maze of long-term care services. This workshop will help you identify and find the right services at the right time.	
	C3 Feelings: Recognizing and Coping with Anger, Guilt and Grief John Gibson, DSW, MSW The relationship between caregiver and care receiver can be intense, complex, rewarding and frustrating. This workshop will help you recognize many different emotions, sort through confusing and contradictory feelings, and develop strategies for managing feelings such as anger, guilt, shame and grief. (Repeat of B3)	
	C4 Learn to Relax...Naturally! Carolyn McManus, PT, MS, MA Learn how to creatively manage your body's reaction to stress. This workshop presents specific techniques to help you relax both physically and mentally, to breathe easier and sleep better. Hear tips on the mind-body connection, exercise, controlling negative thinking and finding joy in difficult times.	
	C5 Living and Dying: Hard Choices for Loving People Jan Williams, RN, BSN, CRNH This workshop focuses on the needs, decisions and available services for persons at the end of life. The speaker will provide information about living with a serious illness, planning for changes, healthcare directives, hospice services and care options, pain and symptom management, caregiving and grieving.	
	C6 Legal and Financial Issues in Caregiving Dan Farr, Attorney-at-Law Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness or disability. Durable powers of attorney, guardianship and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care. (Repeat of B5)	
4:15	Celebration of Caregiving Reception	Refreshments and Door Prizes

Faculty

Julee Clark, MA, LMFT
Psychotherapist and Dementia Care Educator

Daniel Farr
Attorney at Law
Member, Estate and Elder Law Section of the Bar Association

Mary Ersek, PhD, RN
Research Scientist
Swedish Medical Center

Sally Friedman, Caregiver Advocate
Senior Services of King County

John Gibson, DSW, MSW
Consultant, Counselor and Trainer

Lisa M. Hartman, PT
Physical Therapist
Elderhealth Northwest

Michaelene Kedzierski, RPh, CDP
Clinical Associate Professor
University of Washington School of Pharmacy

Karen Kent, MSG
Clinical Supervisor
King County's Geriatric Crisis Services

Wendy Lustbader, MSW
Mental Health Counselor, Pike Market Medical Clinic
Affiliate Assistant Professor, University of Washington School of Social Work

Joanne McMahon, MSW
Site Manager, Elderhealth Northwest
Trained facilitator, Alzheimer's Association

Carolyn McManus, PT, MS, MA
Swedish Medical Center, Seattle

Mary Nolan, PT
Case Manager, Physical Therapist
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Jan Williams, RN, BSN, CRNH
Manager, Nursing Home Services
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RaChelle Zylstra, PhD, RD
Planner for Nutrition Services
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